

# Autumn Menu 2019 Week 1


	Monday	Tuesday	Wednesday	Thursday	Friday
Daily	Creamy Sweetcorn Pasta	Jacket Potato with Tuna and Red Onion	Tomato, Olive and Pepper Pasta	Jacket Potato with Spicy Beans	Creamy Cheddar & Leek Pasta
Main Meal	Sweet Paprika Chicken with Roasted New Potatoes	 Pork balls with Tomato & Basil Sauce with Spaghetti	Roast Turkey with Herby Roast Potatoes, Stuffing and Cranberry Sauce	 Beef & Green Lentil Lasagne with Garlic slice	Southern Fried Chicken Fillets with
Vegetarian	Sweet Potato & Lentil Curry with Rice, Mango Chutney Poppadum's and Naan Bread	Mushroom, Spinach and Cheese Filo Snake Bake with diced Potatoes	Vegetable and Barley Stew with Dumplings	Vegetable Wholemeal Pitta Pizza	Smoky Tomato Halloumi Bake with Cous Cous
On The Side	Green Beans and Cauliflower	Steamed Greens & Baked Root Vegetables	Steamed Broccoli & Carrots	Skin on potato wedges Sweetcorn, Peas and peppers	BBQ Baked Bean Garden Peas
Dessert	 Pea and Vanilla cupcake with Lemon Frosting	Pear & Raspberry Crumble with Custard	Creamy Rice Pudding with your choice of Topping	Fruit Jelly Pots	 Vegan sticky toffee pudding with toffee sauce
Everyday	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt



## Autumn Menu 2019 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily	Creamy Tomato Pasta	Jacket Potato with Tuna	Pesto and Olive Pasta	Jacket Potato with Cheese and Chives	Winter Minestrone Pasta
Main Meal	<u>Jacket Potato Bar</u> Jacket Potato or Sweet Potato with...  Baked Beans	Herby Pork Chipolatas with sticky Onions & Gravy with Mashed Potatoes	“Make it mine Wednesday”  Pan Fried Chicken or Halloumi with YOUR sauce...  Cherry Tomato & Basil	Cottage pie with Sweet Potato Mash	“Sustainable Friday”  White Fish Fingers with Chips and Tomato Ketchup
Vegetarian	Quorn Bolognaise  Grated Cheddar	Vegetable & chick pea fritters with herb yoghurt	Coconut Curry  With Rice	Creamy baked Cheesy Macaroni with a Crunchy Garlic Topping	Vegetable Filled Burritos
On The Side	Steamed Peas & Carrots	Baked Beans Runner Beans	Broccoli and Cauliflower Florets	Honeyed Roots & Sugar Snaps Peas	Baked Beans & Peas
Dessert	Lime And Pineapple cake with Cream	Toffee Apple Crumble and Vanilla Custard	Jelly Pots	Berry and Coconut Tray Bake	 Chocolate & Beetroot cake with Chocolate Frosting
Everyday	Fresh cut Fruit & Yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt

# Autumn Menu 2019 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily	Jacket Potato with Tuna and Sweetcorn	Roast vegetable pasta	Jacket Potato with BBQ Beans and Cheese	Red Pesto and Olive Pasta	Jacket Potato with Cheese
Main Meal	Sri-lanka Beef Curry with Sri-Lankan Yellow Rice and Flatbread	Lamb Bolognese with Spaghetti  Parmesan cheese  Garlic slice	<u>Make it mine Wednesday</u>  50/50 Fuseli pasta with YOUR sauce..  Greens Mac "N" Cheese  Chunky Tomato & Herb  Garlic Slice	Roast Pork with Crackling with Roast Potatoes Apple sauce and Gravy	Spanish Chicken Stew with Diced Herby Potatoes
Vegetarian	Cheese, Spinach and Mushroom Quesadillas with Roasted New Potatoes	Mild Vegetable & Bean Chilli, with Rice, Tortillas & Sour Cream	Garlic Slice	Roasted Vegetable Puff Pastry Pizza Slice	Red pepper & feta frittata with Rocket
On The Side	Curried Roasted Cauliflower and Peas	Corn on the Cob Broccoli Florets	Medley of Vegetables	Steamed Greens & Baked Root Vegetables	Garden Peas & Sweetcorn
Dessert	Ginger and Pear Treacle Cake	Jam Roly Poly and Custard	 Veg bakes! Frosted carrot, raisin & coconut cake	Apricot Flap Jack	Churros with Chocolate sauce
Everyday	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt	Fresh cut fruit & yoghurt